

# BRIDGES

## READ MY BOOK:

Ethnic diversity focus of Alan Anderson's Settling Saskatchewan P.2

## ON THE SCENE:

The youth come out at Prairie Pride 2014: Next Generation P.4

## GARDENING:

Don't fear ground covers! Make them work to your advantage P.17

WEDNESDAY, JUNE 18, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

## THE BUSINESS OF EMPOWERMENT

DEER HIDE HANDBAGS  
HOLD A LOT OF PROMISE  
FOR DESIGNER  
DEVON FIDDLER P. 6



FREE

The increasing diversity of the Saskatchewan population makes for a fascinating and continuing story.

— Alan R. Anderson

#### # READ MY BOOK

## Ethnic diversity the focus of Settling Saskatchewan

When I first moved to Saskatchewan in 1969 to work in the Sociology Department at the University of Saskatchewan, I was intrigued by the many ethnic line settlements which formed the "cultural mosaic" of the province, and I soon embarked on research for my PhD focusing on ethnic persistence or change within these settlements.



Alan R. Anderson

Over the span of almost five decades, I accumulated a huge interest in ethnic settlements in Saskatchewan,

occasionally writing and lecturing on well-worn histories for various ethnic organizations — French, German, Ukrainian and Scandinavian. Then I was responsible for the ethnic settlement section of the Atlas of Saskatchewan (1989) and was the contributing editor on ethnic settlements and demographics for the Encyclopedia of Saskatchewan (2009).

This work eventually led to the idea of combining all this accumulated information into a single volume, the result is *Settling Saskatchewan*. While over time there have been quite a few books on the history of Saskatchewan as well as numerous local community histories and occasional histories of particular ethnic groups, a comprehensive volume tying all this together

had not been produced. So my book attempts to encompass all this in discussing specifically on the ethnic diversity of the Saskatchewan population, describing the historical development of ethnic and religious settlements and changing demographics.

The book takes the reader from an aboriginal settlement within what is today the Province of Saskatchewan, through the multitude of late nineteenth-century settlements established by British ethnic groups, Germans and Mexicans, Ukrainians, other Eastern European ethnic groups, Poles, Finns, and Scandinavians groups, to the most recent immigrants adding still more diversity to ethnic populations.

No matter how small the remarkable stories of our people that social

visits took place between English and French settlements, that most people of German origin arrived not from Germany but from Eastern European settlements, that no less than 25 French settlements were established primarily by immigrants direct from Europe rather than from Quebec, that vast areas of Saskatchewan were incorporated into Ukrainian and placed German settlements, that Welsh settlers came all the way from Argentina, and Black settlers from Oklahoma. Indeed the increasing diversity of the Saskatchewan population makes for a fascinating and continuing story.

*Settling Saskatchewan* is available from: Mickey Robinson Bookstore, Chapters, Indigo and university book stores.



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Devlin Fiddler is a young entrepreneur who is empowering other girls' entrepreneurs with her start-up business. PHOTOS BY MICHELLE BERG

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## # ON THE SCENE PG. 4



Cyler Mody was part of the PurePride 2014 Next Generation competition at Diva's in Saskatoon last weekend. PHOTOS BY MICHELLE BERG

## BRIDGES COVER PHOTO BY MICHELLE BERG

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# ON THE SCENE

## # PRAIRIE PRIDE 2014: NEXT GENERATION TALENT COMPETITION

Seniokson's up-and-coming drag superstars had a chance to show off their best performances while competing for bragging rights. The first annual Prairie Pride Next Generation Talent Competition was held in conjunction with Prairie Pride Queer and Queer at Duv's Nightclub on June 5. The Queer and Queer competition is in its seventh year, and was created to foster new talent in Senokschowen. A King and Queen of Pride is crowned each year to represent the community during Pride Week festivities.

According to organizers, creating a new competition for those aged 18 and under has made Pride Week more inclusive for that age group. Money raised at the event will be donated to Them Senokschowen. The winner who will receive a free float in the Pride Parade on June 21 and free access to all events during Pride Week, and Chance Brite.

BRIDGES PHOTOS BY MICHELLE BRIDGES



# ON THE SCENE

1. The Next Generation Prairie Pride competitors
2. Cody Gush: Dustin Anderson, Chandra Motter, Ricardo Almeida and Daniel Carrere
3. Amanda Dufres: Wilma Cowan and Anne Belzate
4. Theresa Penner and Amber Besset
5. Tyni Choquette and Wexley Berk
6. Jack Goldbach and Natalia Reyes
7. The Next Generation Prairie Pride winners take a float in Pride Parade and free access to the week's events



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# ON THE COVER

The only reason why I changed my own circumstances is because I wanted to change myself. — Devon Fiddler

# YOUNG ENTREPRENEUR

## Fiddling with ethical business



Devon Fiddler has won \$1500 from Atlantic Ave's Young Arts Entrepreneur Award and \$2500 from the Micro-Businesswomen Business Planning Award for her 'ShiNatsu' start-up. Photos: PHOTO BY MICHAEL KEE

By Alyssa McMurtry

Devon Fiddler has an idea. She wants to make sleek, fashionable handbags with elements of Aboriginal culture

—Michael Kees with a bunch of Michael Kees.

She wants them to be handmade by Aboriginal women, from sustainable materials like deer hide, and

she wants to use some of the proceeds to help empower First Nations women.

After years of jobs and competitions, things are picking up and

Devon and her friend ShiNatsu are on fire.

Sitting in Catherine Coffin, near an office space at the Two Twenty

that she will soon rent, she gapes through the sales pitch she will have to perform in a time for an upcoming competition called the Saskatchewan Business Challenge.

I see big things for her for sure. It's lonely as an entrepreneur, people don't understand but you're mostly solo. These are the toughest times. You have to use your gut and work your butt off. — Kerdal Netmaker

"It's a good owner" she cracks at her business education. Devos is so and ready to succeed without shedding her values and humanity.

"We come to understand all the disadvantages that indigenous women face I experienced a lot of these disadvantages in my own life," she said.

She spent the first six years of her life on a reserve, then moved to Mosinee Lake. She said once she got to middle school, the classes were essentially segregated into groups of native and white children.

In her life, she's witnessed and dealt with mental and physical abuse, racism, bullying, and being taken advantage of.

"It came from a lot of systematic, ingrained stuff, but it gets really deep as I don't want to go there," said Devos who got a degree from the University of Saskatchewan in political science.

♦ ♦ ♦

Devos is quietly confident. Her words are soft and thoughtful but her actions are bold.

For the last five years she has personally entered competitions for entrepreneurs.

This year she's won \$7,500 from Manitoba Jean's Young Arts Radio prize Award and \$1,000 from the Miss Saskatchewan Business Plan Award.

Last October she won a trip to Malaysia to represent Canada in a young-entrepreneur's competition.

She has also got a crowdfunding campaign rolling with hopes of raising \$10,000 for her business. People who pledge receive gifts like locally designed accessories, business work shirts and can secure the very first SheNative bags.

Continued on Page 8



Devon Fiddler and Heather Abbey look through the designs for SheNative handbags at the Two Twenty in Saskatoon. (Photo by MICHELLE BORG)

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I've come to understand all the disadvantages that indigenous women face. I experienced a lot of those disadvantages in my own life. — Fiddler

"It's kind of hard right now because I don't think a lot of people know what it is really and I need to be in front of people telling them about it," she said. "I'm getting more pledges for being out there than from being online."

She needs the money to purchase equipment like an industrial sewing machine for her store. She also has to find a factory where a lease and hire a couple of aboriginal women to run the parties.

\*\*\*\*\*

Devon says a big part of her life and local anti-glossology is to surround herself with positive people.

She is involved with a tight-knit group of fellow entrepreneurs in the city. Ronald McMiller, founder of Northern Gear, a Saskatchewan-based company that grows hats to the community was a major source of inspiration for Devon.

"It's always been a dream, like a childhood ambition, but after saying that he could do it, it was really inspiring to me," she said.



Devon Fiddler plans on hiring aboriginal women to make her Shikative hat bags come to life. PHOTO BY MICHELLE BORG

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I sure feel like a token in a lot of events,  
we're usually the only natives present.

— Heather Abbey



(Clockwise from top) Devon Abbey as a child with her sister; Heather Abbey, a soccer coach; Heather Abbey as a teacher; Heather Abbey as a teacher; Heather Abbey as a teacher; Heather Abbey as a teacher; Heather Abbey as a teacher; Heather Abbey as a teacher.



Heather Abbey started a few years ago and now she's working across Canada.

"I see big things for her for sure," said Heather. "It's lovely as an entrepreneur people don't understand but you're mostly alone. These are the toughest times. You have to use your gut and work your butt off."

She has also formed a close relationship with founder of chaplaincy, Heather Abbey, who also manages social media for the business.

"Devon always wants to help others, and it's through her mom often put herself last, she's the sweetest person. When she was first starting, she was so shy to pitch and get out there, now you can tell she knows what she's doing. She's made it as a leader and business person, and she's not stopping," said Abbey.

At their recent growth — according to the 2007 census, she per cent of the abnormal labour force was self-employed. While Abbey doesn't feel alone, she and Devon stand out.

"I sure feel like a token in a lot of events we're



usually the only natives present," says Abbey. "People remember us but it seems like we have a lot more to prove and we have to work harder. On the flip side there are opportunities especially for aboriginals and we have to take advantage of every opportunity that is available."

♦ ♦ ♦ ♦

Devon is collaborating with the Academy of Professional Design in Saskatoon to make the picture.

I think I could do design but I'm more of the visionary part of the picture together," she said.

She continues, affordable, but high-end, such as and will work with indigenous graphic designers to make striking, native patterns for the business. The entire layer will be her brother.

When she was young, the dream of being a designer and would eventually sketch colorful outdoor like roses. Now as the manager at White-bell Lake head office, she also hoped she become an accountant.

Continued on Page 10

## Authentic Amish Cooking



COOKING INSPIRED BY AUTHENTIC COUNTRY

### Rhubarb Butter Crunch

4 C. dried Rhubarb  
2 T. Flour  
1 C. Sugar



Place in a greased 8 X 10 in baking dish. Combine 1 C. melted butter, 20 C. flour and 275° for 40 minutes. Stirrer work with cream or plain.

### Veggie Wraps

4 C. Broccoli  
4 C. Cauliflower  
2 C. Potatoes  
2 lbs. Cherry Tomatoes  
1/2 C. art. oil. Wash Dressing

2 C. Carrots  
1 lb. Corn  
20 Soft Tofu  
2 (16 oz) Sour Cream



Simply chop all vegetables except tomatoes, and put in a large mixing bowl. Mix Potato powder with hot sauce and add to chopped vegetables, mixing well. Blend in chopped carrots. Put in 2 C. corn, mix well. Add 20 soft tofu, and lay in 1/2 C. cherry tomatoes, mix well. The middle 1/2 C. mix is up, and wrap in plastic wrap. Refrigerate overnight or until a day's longer. Wrap in plastic wrap and store in 2 inch wide bottles.

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I'm very proud for what she's accomplished and how she's never given up. She's had some doors slammed in her face and she just goes on to the next opportunity – Judy Fiddler

"I'm very proud for what she's accomplished and how she's never given up. She's had some doors slammed in her face and she just goes on to the next opportunity," she said.

Donon expects her prototypes to be ready by July.

♦ ♦ ♦ ♦

Donon's journey hasn't been easy but now her ambition and confidence are clear.

When I was growing up I wished I wasn't First Nations because I didn't want to experience what I was feeling," she said.

Now that is creating a transition to share her culture with the world and be an example of a successful aboriginal woman.

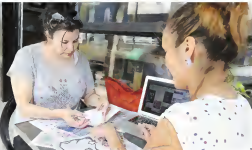
"The only reason why I changed my own circumstances is because I want to change myself. It all comes from self-motivation and putting myself in

situations where I'm not at risk."

Once she starts making money she promises to give 1.5 per cent of profits to empower a Aboriginal woman and to create that energy every year. She's looking for a partnership with an organization that shares her vision.

"I want them to realize they can be empowered and the only way they can get to that point is we'll be giving back to programs (with) positive opportunities for self-empowerment. Although her demeanor is calm, she is passionate and excited about what she is doing. She has been working full time to get her business started and is grateful to see the Native program momentum. There are still details to organize and capital to secure but all signs indicate that she is heading towards success.

"Sometimes I leave myself. I don't know how I come to where I am. Biology is kind of weird."



Judy Fiddler shown here with Heather Sidney is part of the Vancouver Coast First Nations business mentors by MICHELLE WONG

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Send your questions to me at the address below, then watch Iridges for the answers

**Yay! get, Chip**

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## Cool/ Not Cool ... with Devon Fiddler

### The Fashion Industry

The incursion in social media has made brands like TOMS, Tumblr Apparel, like to We and Kewpie Gear.

Searchshops

### Social Media

Reimagined by other stuff (1) how Pinterest, I'm not a fan. Twitter service but I'm slowly getting into headlines. I hope I'm doing them right.

How everything is changing and it's all about advertising. It's turning people off.

### Crowdfunding

You can potentially raise \$100,000.

I'm finding it's not as it seems. It's a lot of work. It's more like crowdfunding. It's pretty intense. Make a pledge. No, it's a puzzle.

### Saskatoon

The people, the entrepreneurial culture. We have decent stores and food.

The University Right across is kind of going downhill.

### Political Correctness

Sometimes it reduces stereotypes.

People get too caught up about certain things. To me, it's just something to fight about... it's not worth it.

### Starting your own business

Sometimes you get coverage, you get your own hours and it's cool. One business people look up to me and ask for advice.

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## # SINGER-SONGWRITER

## Nichol a fixture in Regina's folk community

By Ashley Martin

The first Regina Folk Festival was a two-day concert at Campus College University of Saskatchewan Regina Campus, 45 years ago.

At age 35, Roberta Nichol was one of the youngest performers there.

Remember, Renaissance Week? the beloved songstress of the Buffalo Days crowd for?

From 1960 to '91, that was Nichol. And when you hear the words "Saskatchewan song," you know that long-running melody. I'm talking about right?

Thank Nichol for the songstress. The Regina woman has been performing for five decades, and singing every night.

Growing up in Coronation Park, there was always music in the family's home.

Nichol's mom Audrey played piano and sang along to records from the Decca Exchange on North Railway Street.

From children's music, to big band, to Bob Dylan, to Jon and Sylvia Tyson, to Joan Baez, Nichol listened to it all.

She's been singing in public since she was 10, at church or in choir.

In Grade 8, her dad John came home with a 45 Playmate guitar. She thought it was cracked on the front, it wasn't for purpose and she learned the basics.

In 1967, the summer before Grade 9, Nichol and two friends performed at Stages under down for the singer. (Stages Days.)

At the first Regina Folk Festival, she was in one of Humphrey and the Swamp Tracks and Don Freed, and at the reality of the event.

"It was just excitement, that 'My gosh, this is a folk festival in Regina,'" said Nichol.

She was an enthusiastic member of the Regina Folk Guild, singing and attending meetings of the Old Gold on South Albert Street during her high school years of Thane College.

Folk Guild. Boulder. Rock. Jack



After a 35-year hiatus, from cooking, new music, singer-songwriter Roberta Nichol has two albums on the way. Nichol's music is a mix of folk and rock.

would fight her. "Gosh Roberta, you're not even legal!" she recalled. "I was kind of a baby of the group, no question about that."

In Grade 12, she got a job at CIBC radio, recording a new morning show called The Week Has Seven Days.

Though she'd been saying from childhood she wanted to be a teacher when she grew up, in Grade 12 she changed her mind. She decided to be a singer.

Her mom talked her out of it. "Get a teaching degree to fall back on," she said. But once Nichol earned her teaching certificate, her mom had this advice: "Don't you ever stop singing."

Hitting a few years hiatus from teaching to lose, Nichol taught Grade 4 music, her students would start

every day singing. She retired from teaching in 2010.

Her music career persisted over the years.

She played in a jug band, Everyday Girl, with Peter Sawchuk, Bob Brown and Georgia (Beth) Aronson. Then she played in Chamber with the above-mentioned group plus Jack Seagle, Ray Bell and Rob Day.

That was when Bryson suggested they quit their day jobs to go on tour. "We all said 'OK!'"

They appeared on CBC's Country West variety show in 2004 and toured Western Canada with the All-in Sisters.

Nichol released her first album on cassette tape in 1981, which marked

her first real foray into songwriting. Her debut, *Cooker At the Bar*, was released on CD and tape in 1986.

Then for 10 years, she came out with nothing new.

But lately, Nichol found lyrics swimming around in her head, so the point that she'd have to make home from walks with her doggie Grace to get a song down on paper.

Bryson suggested she should do a new album, and she agreed. "It's like 'second childhood'."

Now there are two albums on the way — one is a non-album called *Looking Back*.

The other is titled *It's All About The Journey*, named in honour of her partner Laurie Kneary, who died of schizophrenia in 2002 at age 43.

Nichol's subject matter ranges from her former students to her maternal grandparents (Angus and Janet), to milestone birthdays (I'm turning 60, and so is my friend Pam). Turning 60, and so is my friend Pam.

"I'm not ready to go anywhere yet, but where you do look back, you think, 'Wow, what a wonderful ride' and you need to write about it."

The song came to life with the help of her longtime friends and on-band mates, Bryson, Brown and Seagle. "I am so blessed to have these guys in my life."

Also on the new album, there's a song about Grace and about Nichol playing guitar.

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# Next week in BRIDGES

An archive created  
by Neil Richards at  
the University of  
Saskatchewan provides  
insight into province's  
LGBT history

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## FLY'S DELIA SANDAL

Fly's Delia sandal will get you where you need to go this summer. The low summer wedge provides top-notch comfort while the fully adjustable straps ensure a great fit for all foot types. They look like flip-flops, skirts, dresses and denim and are available in two great summer shades. Come test your feet at Dundas.

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Gifts**  
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THE SEASON  
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GOLF JERSEYS  
Buy 1 of the  
2nd for  
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New Jersey is the  
most popular in the  
world. It's a great  
gift for the golfer.  
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**Barbara Bra**  
New! Available in 10 colors. Perfect for home or outdoors. (2 colors). Soft elastic bra. No underwire. Built-in bra. A must-have for summer. \$2.49 \$ 5.99 \$9.99

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# IN THE CITY

# JUNE 8, 2014 — 8:43 A.M.

## Time to Boogie



Participants leave the starting line in the Bridger City Boogie 5K at Dr. F. B. Baker Park in Saskatoon on Sunday. The annual community wellness event brought more than 4,200 people together to walk and run on a 2.6m 5 km or 10 km course. Money from entry fees is donated to four local charities that benefit children in Saskatoon. Over \$500,000 has been donated since the first Boogie in 1997. **REPORT PHOTO BY ANASTASIA L. HILL**



# GARDENING

#GARDENING IN SASKATCHEWAN

## Ground covers for dry shade: Part 1

By Sara Williams

Mention "ground cover" and many gardeners quickly tune up if they've had experience with the freely spreading groundcover and ribbon grasses.

Yes, quite liberally, ground covers are plants that cover ground — often aggressively and without inhibition. But with careful selection, ground covers have many and varied functions. Use them to solve landscaping problems rather than to create them.

One problem area that can be solved with ground covers is dry shade — a north side of a building that can't be irrigated or (the worst scenario) under the shade of a spruce tree. These areas are not used as lawns, may be inaccessible and yet may be visible and in your face. But the right ground cover will survive with little maintenance and provide interest through colour and texture.

To improve your chances of success, start by amending the planting holes with organic matter. Plants thoroughly between the plants and water deeply through their first growing season. Once established, they should do just fine in dry shade.

Here are some prairie hardy ground covers to consider:

### Wandflower (*Anemone sylvestris*)

Produces pure white fragrant flowers in spring, less attractive dark blue-green foliage, divided into three to five distinct lobes. They are 30 to 40 cm high and easily propagated by division. The double-flowered form *Flora Plena* has much shorter, with flowers resembling a cactus, mean. In spite of its dainty appearance, it is as tough as the single form.

### Bergenia or pig squeak (*Bergenia cordifolia*)

One of the most adaptable ground covers for the prairies, equally at home in sun or shade, with or without water. It's called pig squeak be-

cause that's the sound one hears if the leaves are rolled between one's thumb and forefinger. The large, round, leathery leaves 30 to 40 cm in height, remain attractive throughout the growing season, turning a purplish-red in the fall. Small, waxy, pink flowers are produced on short spikes in the spring. It was much appreciated by Gertrude Jekyll, the British landscape designer who helped reinvent the modern garden and heron and it became known as one of her signature plants.

### Ranunculus (*Ranunculus acris*)

A forest ground cover to be used in a forest or where it forms an understory below trees. It produces white floral heads. Edible by red berries. The evergreen foliage turns reddish in the fall and persists over winter. Only 10 cm tall, it's a perfect ground cover for a small space. It will perform better with moisture, but once established will persist if competition from other plants is not too great.

### False Solomon's seal (*Pseudotsuga sinensis*)

Amazingly drought tolerant if put in the soil — as I found when I used densely seeded one to an area that is never irrigated. White, starlike flowers are produced in early May. Only 30 cm tall, the light green leaves have golden in fall.

### Alberian barren strawberry (*Waldsteinia striata*)

A plant that deserves much greater recognition. It's tough, good looking, hardy and adaptable to sun or shade. The common name, *Alberian barren strawberry* speaks volumes. It's ruggedly hardy barren (it's not expected to produce fruit) and its leaves resemble those of the strawberry (*Fragaria*). It is 10 cm tall, it's equal to at home in sun or shade, with or without water. Small, bright yellow flowers bloom from late spring to early summer.

Williams, published in the *Agri*



Siberian bellflower. SUBMITTED PHOTO



Double-flowered henrydaisy. SUBMITTED PHOTO



False Solomon's seal. SUBMITTED PHOTO

cultural Hall of Fame in 2013. It is co-authored with Hugh Shaver of Gardening Naturally, a Chemist/Agri Handbook for the Prairies. Her latest book, *The Saskatchewan Prairie Farm Park & Zoo: A Pictographic History*

will be released shortly.

This column is provided courtesy of the Saskatchewan Provincial Society (www.saskatchewan.ca/saskatchewan/saskatchewan). Check out our column for upcoming horticulture events, like

the garden tour on June 15, and *Learn & Earn* opportunities through out the summer.

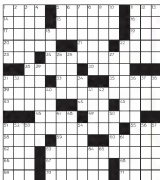
Write a gardening question? Call Neil Gaudin-Lane at 366-666-5552 or [gardening@sask.ca](mailto:gardening@sask.ca).

# #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

### ACROSS

- 1 Name for bright stars
- 2 Quizzes
- 11 Tippler
- 14 Drop \_\_\_\_ (start to melt)
- 15 Looking to become
- 16 When stopped, a chance move
- 17 Not M&M's in this words
- 18 Hair
- 20 \_\_\_\_ news
- 21 Fresh water
- 22 By the way, please Robert
- 23 Charles on a piano
- 24 Lawrence took into words
- 26 Guit. i.e.
- 29 Way out of NYC
- 31 Spanish folded subject
- 32 With \_\_\_\_ "The Academic Jemini" playwright
- 33 Selling for many use. Both paintings
- 34 Close Chinese take words
- 42 Diamond feature
- 43 Trip \_\_\_\_
- 45 When disabled, a little lost all fit
- 46 \_\_\_\_ Gass



PUBLISHED BY THE NEW YORK TIMES

### DOWN

- 1 Before the war
- 2 Before the war
- 3 (Saw, led) before running a game, say
- 4 U.S. city
- 5 British rule in India
- 6 WWI in command
- 7 Small salmon. Var.
- 8 Like pawns and pawns all
- 9 Ballerina's underdress?
- 10 Like some white
- 11 Get inside
- 12 "What a surprise!"
- 13 Letter between pines and unloves
- 14 Search
- 23 Precious words
- 25 Through with
- 26 Phil model
- 27 Command in Urdu
- 28 Hotel handset
- 31 Goss and Goss
- 32 Cambridge sub
- 34 Top chum
- 36 Ship under. In an old song
- 37 Guffy with coat or vest
- 38 "The daily feast of the eyes" per Ralph Waldo Emerson
- 40 Hindu. Sanskrit
- 41 Lie. It's a "The Thinker"
- 42 Gutsy, e.g.
- 43 Words to live by
- 44 Response to computer online
- 45 DGM's founder. Vols. 1
- 46 Squashed?
- 47 Star
- 48 Star
- 49 Star
- 50 Star
- 51 Star
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- 62 Star
- 63 Star
- 64 Star
- 65 Star

# # JARRIC CLASSIC SUDOKU

## Level: Bronze

All in the brain! Only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and a smidgen of intuition to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the previous puzzle and the Sudoku can be found on Page 23

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The StarPhoenix

# EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MUSIC

Wed., June 16

**Patsy Cady For Billieaves**  
Buds on Broadway,  
817 Broadway Ave.

Thurs., June 17

**Finis Invaders**  
Crackers Restaurant &  
Lounge  
1-227 Pimhousa Dr.

**Mofo 2010: The Photochips**  
**Band Strider and Maki Lee**  
Buds on Broadway,  
817 Broadway Ave.

Fri., June 18

**Screenline**  
Buds on Broadway,  
817 Broadway Ave.

**Flamé Friday: Jesse Brown**  
**Rock's Barrio Lusa Lila**  
The Basement,  
202 Fourth Ave. N.

**Killy Rob**  
Army & Navy Club,  
309 First Ave. N.

**Jon Marten**  
**Michael Robinson**  
310 Eighth St. E.

**William and the Shadows**  
**Patricia Sandoz-Castano**  
Crescent,  
103 Fairview Ct.

**Rear Jammers**  
Toon Town Tavern,  
1030 Fairview Dr.

**Jo Maria**  
Star's Place,  
106-10 Rush St. E.

**Freddie and the Asamen**  
Pizz's Pub & Grill,  
1623 Highland Dr. N.

**Apollo-Cruz**  
Ben Tempo Café,  
223 Second Ave. S.

Sat., June 19

**Screenline**  
Buds on Broadway,  
817 Broadway Ave.



Award-winning comedy music artists **Carla Morgan-Lubow** and **Pam Tills** (right) will be performing at the Dakota Dunes Casino on Sunday. **SLP Photos**

**Big Rural Bards: The Basement Big Band w/ The**  
**Swindtown Community Jazz Band**  
The Basement,  
202 Fourth Ave. N.

**Killy Rob**  
Army and Navy Club,  
309 First Ave. N.

**Drifwood**  
Munira Legion,  
3031 Leslie St.

**Enslavement Rituals**  
Downtown Lofters,  
800 Speilhaus Cres. W.

**Raymay**  
**McNelly Robinson**  
310 Eighth St. E.

**Jo Maria**  
Star's Place,  
106-10 Rush St. E.

**Freddie and the Asamen**  
Pizz's Pub & Grill,  
1623 Highland Dr. N.

Sun., June 19

**Trevin Pinkley**  
Buds on Broadway,  
817 Broadway Ave.

**Drifwood**  
Munira Legion,  
3031 Leslie St.

**Lennie Morgan and Pam Tills**  
Dakota Dunes Casino,  
254 Dakota Games Way,  
Whitecourt



**Mon., June 16**  
**Hot Tix**  
Buds on Broadway,  
817 Broadway Ave.

**Tues., June 17**  
**Apollo-Cruz**  
Buds on Broadway,  
817 Broadway Ave.

**Aaron Carter**  
O'Brien Events  
Center,  
241 Second Ave. S.

**Witten Trapper**  
Loux's Pub,  
93 Campus Dr.

## EVENTS

## # ART

**Mandal Art Gallery**

Until June 15 at 150 Spadina  
Cres. E. David Thiesberger  
Dead Trees and Other Disen-  
chantments and the WBC Artists by  
Artists Mentorship Program,  
Mary Longeneau and Art T  
Aronson: Through That Which  
is Seen: The gallery space will  
be closed June 16-21 for  
installation of the summer  
exhibitions. Opening recep-  
tion June 27, 8 p.m.

**The Gallery at Frances Mc-  
donnell Central Library**

Until July 11 at Frances Mc-  
donnell Library, Dead Rock Stars  
by Kevin Hardisty: Drawings  
of images represented in his  
Funk's novel Dead Rock Stars.  
Reception June 12, 7 a.m.

**Saskatoon Sinagrove Gallery**

Until June 13 in Room 111 of  
the University of Saskatch-  
ewan's Murray building, Thirty  
Plus One: New work from the  
Saskatoon Morning Drawing  
Workshop. Thursday June 13,  
7 a.m. to 9 a.m.

**Art Trek 2014**

June 13, 9 a.m. to 10 a.m.,  
and June 14, 10 a.m. to 6 p.m.,  
around Saskatoon: A self-  
guided studio-discovery tour  
visiting nine studio groups  
in Saskatoon, demonstrating  
ideas, and chances to talk to  
artists. For a map visit  
[www.facebook.com/art-trek-saskatoon](http://www.facebook.com/art-trek-saskatoon)

**Dorrell Bell Gallery**

Until June 14 at 405-195 2nd St.  
W. Cheryl Sudarso: Modern  
Electric Signs and Other Cul-  
tural Icons

**Muske Ullrichs Museum**

Until June 15 at 222 Ave. M S.  
Peggy K. (Peggy) 1991 paintings  
by Ann Beeson

**McCLART Art Sale**

June 20-29 at the Mclellan Art  
Gallery. Hosted by Mclellan  
Gallery Group Volunteers. An



Rob Senowal of 230 Design Group will be demonstrating on the 2014 Art Trek tour.

opportunity to sell art that  
you no longer love and/or to  
buy a new piece that belongs  
to someone else. Submissions  
are accepted June 15-14, 12  
p.m. to 6 p.m. Visit [mandal.ca](http://mandal.ca).

**Tris Gallery**

Until June 15 in Market Mall  
Westside: Abstract's The  
Lusky Heron. Opening recep-  
tion June 4, 7 p.m. to 9 p.m.

**Black Square Gallery**

Opening June 20 on Hwy 62  
Northside: Abstract's The  
Thing, a group show

**SCVAP Gallery**

Until June 20 at 233 Third Ave.  
S. RIC CYCLE 2.0 Acknowledg-  
ing the Voices by Michelle

**Ukiahville Museum of  
Canada**

Until June 21 at 910 Spadina  
East: Moved by the Spirit.  
Artistic interpretations on  
the Life of Jesus. A limited-time  
exhibition featuring the works  
of 12 artists

**Phoebe Starr Gallery**

Until June 22 at 136 Eighth St.  
E. Sea to Sky Shoreline, Farm-

land, Mountaintop Ave. P.  
Christ and Interior Lives by  
Lorraine Weidner

**Humboldt and District Mu-  
seum and Gallery**

Until June 24 at 601 Main St.  
in Humboldt: A Local Perspec-  
tive, paintings and sculpture  
by Terry Ambrose and Sandy  
Christensen. Elevations pho-  
tography by Terry Ambrose, runs  
until June 26.

**Le Relais**

Until June 26 at 100-308  
Fourth Ave. N., in the Le Rel-

ais-relais Telephone build-  
ing. Adkins' Time Art Show  
Paintings by Adkins Swartz

**The Gallery/Art Placement**

Until June 26 at 226 Third Ave.  
S. Jonathan Hornsby: Bird  
Notes: Nine acrylic paintings  
as "notes" from the "Painting  
Twelve"

**Station Arts Centre, Ro-  
tham**

Until June 28 at 701 Railway  
Ave., Northam: Memento  
Mori and Memento Mori  
Evening: Artwork by Ben Pi-

erson and Gill Sewaldy

**Haas Gallery**

Until June 30 at 1815 Lorne  
Ave., Northam: Hair: The first  
showing of the work of  
the late R. May Kildey-  
Beauchamp, daughter of Gus  
Kildeybeach

**The Stonefront**

Until June 30 at The Town-  
ship of Limestone Design, the  
first shows: The new design  
gallery celebrates local furniture  
makers

**Muskeville Valley Centre  
Gallery**

Through June at 402 Third  
Ave. S. Along the Riverbank  
Coma Schuler: A collection of  
new paintings of the Muske-  
ville Valley

**Riverbend Studio & Art  
Gallery**

Through June at 346 Spadina  
Cres. W. Spring into Spring by  
Corinne Elizabeth

**AKA Gallery**

Until July 4 at 434 20th St.  
W. I thought, I cried: I split my  
side. Works by Kyle Eric, Nick  
Eyma, Christine Neugebauer  
and Sherrill Papp

**Centre West Galleries**

Until July 6 at The Centre,  
Oxley by the Summer  
Festival in the Royal Gallery;  
art by different studios in the  
Jude Gallery; display by The  
Saskatchewan Non-Profit  
Cultural Society in the Amber  
Gallery; display by The Wood-  
ward Studio in the Science  
and Criminal Gallery; display  
by the students of Father Lo-  
bue School in the Loblolly  
Gallery; display by the Sas-  
katoon Public School in the  
Magenta and Indigo Galleries

**Arlin's Gallery**

Until July 12 at 813 Broadway  
Ave. Art of the Book, a joint  
initiative by the Canadian  
Bookbinders and Book Artists  
Guild on their 30th anniversary

# EVENTS

**St. Thomas More Gallery**  
Until July 25 at 1437 College St. Sherron Casale: Ruins and Rejuvenations. Photography by Sherron Casale.

**The Steel Gallery**  
Until Aug. 1 at CityPlace, 801 Seventh Ave. N. New works by Henry van Dieren. New works by Jerry Simpson are on display until Aug. 15 at Collective Coffee, 240 30th St. W. An artist reception and show with works by Chely Peller in the Huxley and Jackie Miller rooms until Aug. 20 at Area, 249 Second Ave. N. Reception June 16, 7 p.m. to 10 p.m., with music by Alexa Arneson.

**Handmade House Showings**  
Until Aug. 3 at 710 Broadway Ave. Heart to Hand: Featuring new works by Saskatoon fibre artist Monika Kinnor-Welsh.

## #FAMILY

**Parent and Tot Yoga**  
Wednesdays at the Farmers' Market at 10 a.m. Led by Olenna Scrimpa and Tui Garrison. For parents with children ages 18 months to three-and-a-half years old. Admission is free with a suggested donation to Virginia Voge for youth. Bring a mat and snacks.

**Saskatoon Peaceful Parenting Group**  
June 11, 10 a.m. to 12 p.m. at the Pregnancy and Parenting Health Centre, 244 Third Ave. S. For any family wishing to relax their children peacefully. A different topic each month. Children are welcome.

**Stars and Stripes**  
Wednesdays, 1 p.m., at Centre Cinemas in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

**Children's Play Centre**  
Only at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.



A soon-to-be will be demonstrated by the 2010 Art Tot tour.

**Pink Factory Indoor Playground**  
Only at 1630 Quebec Ave. Adult indoor playground for young children.

Adults and children under one year are free. There is a separate fenced-in area for children under two.

**Market Mall Children's Play Centre**  
Only just off the food court at Market Mall. This play area is free and has dif-

ferent level slides. Children must wear socks in the play area.

**Breastfeeding Cafe**  
Thursdays, 10 a.m. to 11:30 a.m., at Woodend Primary Health Centre, 2411 Fairlight or a drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

**Movies for Mommies**  
Thursdays, 1 p.m., at Rainbow Cinemas in The Centre. A kid-friendly environment with lowered sound, change tables, bottle warming and stroller parking.

**Canadian Light Science (CLS) Public Tours**  
Thursdays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-657-3644, email [info@cls.ca](mailto:info@cls.ca) or visit [light-science.ca/education/public\\_tours.php](http://light-science.ca/education/public_tours.php).

**Car Seat Clinics**  
Second Thursday each month, 3 p.m. to 6 p.m., at Pregnancy and Birth Centre 3-595 2nd St. E. Get your seats checked and questions answered by a trained Car Seat Technician. Call 306-281-7131 or email [whedee@gmail.com](mailto:whedee@gmail.com) to register. Drop-ins also welcome.

**LLLE Saskatoon Evening Series Meeting**  
The second Thursday of the month through August, 6:30 p.m., at Holy Communion Church, 1426 Alexander Ave. All women interested in breastfeeding are welcome. They meet the second Thursday of the month, January to April. Call 306-425-4865, email [allcanucksoon@gmail.com](mailto:allcanucksoon@gmail.com).

**Shop 'n' Stroll**  
Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power walking, belly-sculpting moves using exercise tubing and a socializing for parents and babies. Pre-registration at [lawsonmallservices.com](http://lawsonmallservices.com). No classes on staff holidays.

# EVENTS

## Coffee Time for Moms

Fridays, 10 a.m. to 12:30 p.m., at Bobbitt Bobbitt Bco, 11-125 Central Ave. Moms enjoy a fix-up of coffee while children play in the playground.

## Baby Talk at SPK

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carling King Branch and at Westside Kings and Tuesdays, 10:30 a.m., at CBT Wright Branch. Half-hour singing and rhymes, then mingle with other parents.

## Book Group for New Dads

June 14, 9 a.m. to 12 p.m., at the Pregnancy and Parenting Health Centre, 246 Third Ave. S. A workshop taught by veteran dads and for new dads. Meet the challenges of becoming a dad. To register email bookgroupnewdads@gmail.com or call 363-290-9847.

## Craft and Story Time

Saturdays, 11 a.m., at Indigo Books, 3022 Eighth St. E. in the kids' section. Call 366-364-5317.

## Reuniting on Thursdays

Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 950 Spadina Cres. E. Free family fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. June 15 arrives a mud for Dad for Father's Day.

## Parental Yoga

Mondays, 6 p.m. to 7 p.m., at Thornberry and Parenting Health Centre, 246 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage. Inexpensive. Call 366-231-0443 or email mrspradley@gmail.com. No class on hot holidays.

## Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting

Health Centre, 246 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two-year postpartum. Register at mrspradley@gmail.com. No class on hot holidays.

## Bobbitt Bobbitt Bco Playground

Mondays to Fridays, 10:30 a.m. to 4:30 p.m. and late night Thursdays, at Bobbitt Bobbitt Bco, 11-125 Central Ave. With a net area, kitchen and shopping centre, puppet station, stage and courts. To book groups, or to check for availability call 363-364-5317 or email bobbinacsg@gmail.com.

## Mom and Baby

Mondays until June 30, 10 a.m. to 11:30 a.m., at St. Paul's United Church, 404 Robert Ave. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit mrspradleyconnects.ca/saskatoon.

## Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by Prairie Heart Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

## Free-wheel Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNally Robinson, 2106 Eighth St. E. For children ages three to five in the Circle of Books. Call 366-955-1471.

## Nature's Way

Tuesdays until June 17, 7:30 a.m. to 9:30 a.m., at Pregnancy and Parenting Health Centre, 246 Third Ave. S. A comprehensive childlife

education series, empowering parents for the birth of a child. To register visit birthrightbc.ca.

## Mom and Baby Outdoor Stroller Fitness Classes

Tuesdays and Thursdays until Aug. 28, 10:30 a.m. along the Moosefoot Trail. Meet new moms and get a whole body workout. To register and for starting location call 363-270-2838 or email Saskatoonstrongmoms@gmail.com. More information on Facebook.

## Go-Arr Gymnastics Camps

Until June 22, and July 7 to Aug. 29 at 3072 Milehouse Ave. X-series schedules for ages two to 18. Visit ccmgymnastics.ca

## BRICKS & KIDZ Saskatoon

Register after-school programs, preschoolers and camps for kids of all ages at various locations in Saskatoon. An all-in-one for students to build unique creations, play games, and have fun using LEGO bricks. Visit bricksandskz.com or call 366-979-2449.

## Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/index.cfm.

## # SPECIAL EVENTS

### Saskatoon Yellow Jackets Home Game

June 11, 7 p.m., at Centre Place 1202 Ave. P. By the league against the Swift Current Indians. Visit saskatoonyellowjackets.com.

### Mette 2014

June 11-14 at various around Saskatoon. A multi-day, multi-venue conference and music festival. Conference topics include mobile applica-



CPA's new "Thoughtful" song at Moosefoot Dance on Friday and Saturday night. 7 p.m. at Summer Ridge Park. Photo by Suzanne Mallon.

tions, programming, technology trends, entrepreneurship, social media, marketing, design and more. Featuring more than 40 artists and musicians with a wide variety of genres and styles. Tickets at moss2014.com, picnic.com.

### Rotary ShelterBox Fundraising Event

June 12, 8:30 p.m., at the Gemini Cultural Centre, 160 Cartwright St. Hosted by the Saskatoon Rotary Club and ShelterBox Canada. The event includes a silent auction, live and silent auctions, raffles and a presentation. Tickets at 366-534-2067. 366-2026. Funds raised will support hundreds of Syrian, Haitian and Syrian refugees.

### SPK Dances

Thursdays in June, July and August, 7 p.m. by the Jean Caronde Canada monument in Kiewit Park. Saskatoon International Folklore Club

(SIFC) dances. Learn dances from many countries around the world. No admission. Visit sifc.saskatoon.com

### Orchid Garden Tours

June 13, 9:30 a.m. and 1 p.m., at the front of Peterson Garden Arboretum. The garden, nearly a half-century old, is a long-term tree and shrub hardiness trial site with hundreds of medium space plants. Many species, like the cork tree or scarlet maple, are not seen anywhere else in Saskatoon. The morning tour includes a fruit tree prize demonstration by Dr. Bob Rees.

### Informational Tour and Tea

June 13, 2 p.m. to 4 p.m., at Abbeyfield House. A guided tour of this assisted or independent living facility for seniors. Call 366-934-0038.

### Annual Father's Day Giant

Three-1444 Head Day June 13, 6:30 p.m. at Arnpark.

Navy & Airforce Veterans Club. Everything you need to make a great day for Dad. Followed by the Veterans Golf League Charity Drive. All proceeds support The Army Cadet Units 2293 and 3071. For information call 363-452-2011.

### Live Thoroughbred Racing

June 13-14, 7 p.m., at Musgrave Downs. Use horses racing in four sporting style.

### River Landing Market

Saturdays until Oct. 4, 8 a.m. to 2 p.m., at Musgrave Downs. Use horses racing in four sporting style. A wide variety of art, imports, home furnishings, fashion and decor.

### Takeshita for Dad

June 14 at the Western Development Museum. Motorcycle riding, a poker run, prizes and lunch. Raffle funds to fight prostate cancer. To register or donate visit support.cpc.ca.



# SHARP EATS

# SASKATCHEWAN FOOD SCENE

## Local chefs cooking up ways to help food bank



Thomas Brown at Wild Cooking Catering in the Saskatoon Farmers' Market and the Wild Onion Potato Pasta dish (inset) he created for the Celtic Fusion Run five cookbook that supports the Saskatoon Food Bank. **INSET PHOTO BY MICHELLE SIMS**

By Jenn Sharp

Life gets busy in the summer. That goes for chefs, too. Donations always drop off in the summer months as people are gone on holidays or busy with activities. A free cookbook was released this spring to help combat the problem. Celtic Fusion Run five cookbooks

to make the Celtic Fusion Run five cookbook. The chefs created a gourmet dish using Celtic pasta and five affordable ingredients that weren't hard to find.

In Saskatoon, Wild Cooking Catering's Thomas Brown made a Wild Onion Potato Pasta dish.

Like Celtic's pasta is begun with a kilo, little healthy take on it," he says.

Brown used raw cauliflower seeds, oil, garlic chili and Havarti cheese. "My trick was to keep it within a budget — not everyone has tons of money to spend on fancy dinners."

The cookbook is one part of Celtic's national campaign called Help Us Feed the Hunger. For every book of

Celtic pasta bought at a Rotated Co-op in Western Canada, a portion of pasta will be donated to the food bank.

A portion of pasta will be also be donated for each "like" on Celtic's Facebook page. There are currently over 40,000 likes on the page — the goal is to reach one million by the end of June.

### SASKATCHEWAN FOODIE EVENT FOOD TRUCK FESTIVAL AND ALLEY PARTY

June 10, 11 a.m. to 1:30 p.m.  
June 12, 11 a.m. to 1:30 p.m.  
June 14, 11:30 a.m. to 9:30 p.m.  
This outdoor programming will be presented in the alley behind the Broadway Theatre as part of MoGo Festival. Along with the performance, a local food truck festival and a few out-of-towners will be serving up delicious eats.



# SHARP EATS

Leo Postel, executive chef at the Cosmos Arts Centre in Regina also made a recipe for the cookbook: Summer Beer Thon.

Punked a pasta is not difficult to prepare, but it is quick, simple and flavorful. The pasta used uses olive oil, Ka-lavata olives, tomatoes and fresh marjoram.

Pantel and his staff routinely donate food leftover from hangovers to South Harbour House, Mission and the Carmichael Outreach. There's often a lot leftover, especially when a projected number of people don't show up for events.

“There’s only so much beef you can trim for soup — we don’t reuse food so stuff that’s perishable we donate,” he says adding they’re very careful with keeping food at the right temperatures.

"A lot of these people have no other resource—they're hitting rock bottom. They don't really think about nutrition or at least we can offer salad, vegetables, proteins and that kind of thing."

■ **Put it back.** Ford says business slows down in the store now though and the two nations taper off. That's why he was more than happy to contribute to the cookbook.

● The most nutrient-dense foods, like produce and meat, fit you the most bang for your buck (a pound of meat costs less than a pound of fish, for example).

Reisen is the king of budget cooking — he runs Start from Scratch a series of five cooking classes for students at the University of Saskatchewan. In the classes, he emphasizes buying fresh local ingredients while sticking to a budget. That isn't always the easiest thing to do.

"If you buy into all local ingredients, you need to eat costs somewhere because it adds up. It's not cheap being local and healthy so you have to know where to not sacrifice quality for a price."

One of the ways he does this is by showing students how to break down a whole chicken and use all of the parts in different meals.

"If you can buy healthy food but spread it out, it's way cheaper than buying processed food one meal at a time," he says.

The Cateia Pasta Plus Free cookbook can be downloaded  
at [www.cateia.ca](http://www.cateia.ca).

**THOMAS BROWNE'S TIPS  
FOR COOKING ON A**

**BUDGET**  
■ Ideal planning: a nut meal or oatmeal, like at a chicken, for dinner and del and use the leftover meat in a salad or sandwich the next day for lunch. Roll down the bones for soup. *not throw in any leftover of salmon or tuna in your diet.*

■ It's time for BBQ season! If you want to spice it a little, buy a whole, boneless, five-pound and trim your own steaks for a summer's worth of fun.

- **Use your brain and shop smart.** If you can't read half of the ingredients on the back, then you probably don't want to eat it, because it may be really dangerous.

■ The most nutrient-dense foods, like produce and meat, sit at the top of the most bang for your buck—calorie-for-calorie—the moderate-fat diet's pyramid. Except for a few kitchen staples, like grains, stay out of those inner sides as much as possible.



**Executive chef at the Cornish Arts Centre:** Lea Parnis loves to bust things up in the kitchen as much as he enjoys creating ample, gourmet pasta dishes. [Read his recipe for baked spaghetti](#)

# OUTSIDE THE LINES

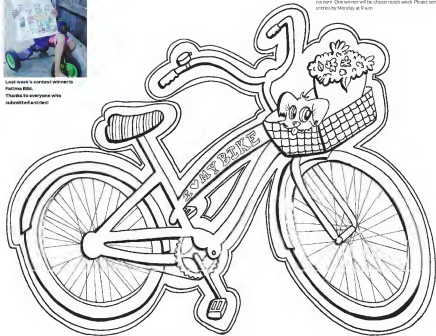


Last week's contest winner is Patricia Kili. Thanks to everyone who submitted entries.

## @ Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridges@thestaffshire.com](mailto:bridges@thestaffshire.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.





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